

## WOMAN'S HERALD

Devoted to the Household, the Fashions and the Activities of Women.

MARY MARSHALL, Editor.  
DAILY DEPARTMENT OF THE WASHINGTON HERALD.Correspondence is invited. Address all communications to the Woman's Editor of The Washington Herald.  
WEDNESDAY, JULY 7, 1915.

## FOR HEALTHY OLD AGE.

To make old age healthy and happy, to study its peculiar ills and handicaps is the object of a newly organized society of eminent physicians.

So far physicians and scientists have taken a peculiar interest in the diseases of children, of youth, and of middle age. Enormous sums of money have been spent on research that will lessen the ills and discomforts of the young. All this is in striking contrast to the lack of interest that has been given to old age conditions. The peculiar diseases of old age are, of course, known in a general way, but with nothing like the thoroughness that is devoted to those of youth and childhood. The general feeling is—is it not?—that the money and time devoted to old age maladies do not yield such rich returns. Old people are not long for this world anyway, so why spend money and time over their maladies that might be spent in saving the life or making for the efficiency of those with their life's course still before them. It is this same feeling that makes it so much harder for the promoters of charities for the aged to collect funds than those whose interest is for the young. It is ever so much easier to sell tickets for an orphan asylum bazaar than for a benefit for the old folks' home.

Are suffragists better looking than anti? Well, of course, the old idea used to be that every advocate of "woman's rights" was, by virtue of her advanced ideas, a frump and frightfully dowdy. It really is a fact that one of the things that prevented many women from joining the ranks of the suffragists a decade or so ago was their unwillingness to be associated with such a set of frumps. But such is no longer the case. Even the ardent anti has to admit that many of the most active of their opponents are exceedingly well dressed and good to look at. How did it all come about? Was it because a different class of women are now attracted to the cause of "votes for women" or because the suffragists, seeing what they were losing by their indifference to appearances, deliberately improved their ways and pushed to the fore those of their number whose appearances were most winning?

## TOMORROW'S MENU.

He is not to be a baker whose head is made of butter. —Dorothy saying.

## BREAKFAST.

Red Raspberry  
Cereal and Cream  
Scrambled Eggs  
Pie Muffins Coffee

## LUNCHEON OR SUPPER.

Minced Beef  
Vegetable Croquettes  
Baking Potatoes  
String Beans  
Lettuce Salad  
Apple Tart Cheese

## DINNER.

Cream of Corn Soup  
Broiled Beefsteak  
Watermelon  
Hashed Browned Potatoes  
String Beans  
Lettuce Salad  
Apple Tart Cheese

Corn and egg muffins—Mix together a cupful of yellow corn meal, half a cupful of whole flour, a tablespoonful of sugar, half a teaspoonful of salt and a teaspoonful of baking powder. Add half a tablespoonful of soft butter, a well beaten egg, three-quarters of a cupful of milk and half a cupful of chopped figs. Bake in muffin pans.

Vegetable croquettes—Chop cold cooked vegetables—carrots, peas, beans, green pepper, beets—season with salt, pepper and a little onion, moisten with white sauce, and shape into croquettes. Dip in crumbs, egg and crumbs again and fry brown in deep fat.

Apple tart—Fill a deep baking dish with sliced tart apples. Add sugar generously, and spread a rich paste over the top. Bake until apples are tender, and serve warm with cream.

## How to Make Scones.

A reader of the Woman's Herald requests the recipe for scones. Here are three:

**Sultana scones**—Two cups flour, two ounces sugar, two ounces butter, two ounces sultana, one egg, a little milk, one teaspoonful of cream of tartar, one-half teaspoonful of carbonate of soda. Mix well together, use very little milk to moisten, and roll out. Brush over with yolk of egg, cut into squares, and bake in a moist oven.

**Dropped scones**—One and a quarter cups flour, four ounces sugar, one egg, one-half cupful of cream of tartar, one egg. Beat the egg in a breakfast cup, fill up with milk, pour over the flour, etc., and mix well. Drop on a hot griddle.

**Brown scones**—One pound brown flour, three teaspoonfuls baking powder, one-quarter pound butter, two ounces dripping, one egg, a little milk, three ounces castor sugar. Rub the butter and dripping into the meal with the baking powder, then add the sugar. Beat the egg and milk together and stir with the meal into a paste. Roll out about one-half inch thick, cut into rounds, and bake on tin for twenty minutes.

Capt. Eugene Bourassa, a military engineer in Montreal, who is private life a clothing store, states that the war has caused among his patrons an enormous expansion of chest measurements. Thirty-six to forty inches. This is not only of those in active service, but of all the citizens. He explains it on the ground that all the men are mentally and physically preparing for service now or in the future.

## TITLED DAUGHTER OF WELCH COAL KING TO RUN BIG BUSINESS



LADY MACKWORTH.

Word comes from London today that Lady Mackworth, daughter of D. A. Thomas, the Welch coal king, will take over the entire management of her father's gigantic interests during his absence in the United States to purchase munitions of war for the British government.

Until a few years ago Lady Mackworth led the life usual with women of wealth and position. Then she began to go to the mines with her father and learn about the business.

During her recent visit to this country, in speaking of her interest in business, Lady Mackworth said: "It is chiefly because it is more interesting to work than to play all the time that I am interested in the work done at the mines. When at home, I go to the mines with my father, and while I have no delusions about my ability, I am genuinely fascinated with the work."

Lady Mackworth is a militant suffragist and has been in jail for her activity for the cause. She is the wife of Sir Humphrey Mackworth, of the Royal Munsterbush, Englefield, and was one of the passengers on the ill-fated Lusitania.

## TODAY'S FASHION NOTE.



This charming dress coat is built up of lustrous tulle and decorated with wear with dressy frocks of seasonable materials. The high military collar, revers and cuffs are of white faille. A thick silk cord confines the fullness at the waist. The model calls for yards of 36-inch silk and 1-1/2 yards faille. Pictorial Review Pattern No. 6257. Sizes, 32 to 42-inch bust. Price, 25 cents. Skirt No. 6258. Sizes, 22 to 32-inch waist. Price, 15 cents.

Pictorial Review Patterns  
On Sale at  
S. KANN, SONS & CO.

SUSANNA COCROFT  
HOW TO BE HEALTHY

## The Kingdom of Health Is at Hand

We are, as Ruskin said, "but children of a larger growth," and like children, we emerge but slowly from the habits, fears and limitations of our childishly simple beliefs.

Tell one suffering from fear which makes itself manifest in a thousand different ways, such as stomach trouble, nervousness, heart and many nervous derangements, that to change her thoughts would be to change her bodily condition and she would hug her old beliefs to her as a child a well-loved toy and believe that such a change was possible would be (at first) far from her thoughts. But let her try to think that she is a creative agency, with the additional benefits to be derived from habits of deep breathing and exercise for the vital organs, and see her—even as a child—throw far from her the tattered rags of her unbelief in which she had so closely wrapped herself, and with the whole-souled enthusiasm of a child enter into the marvelous heretofore that rightfully belongs to us all.

Some two thousand years ago we were told by a lowly Nazarene that the kingdom of heaven was at hand. He also told us that the words He spoke were not just for a chosen number of people or for a limited number of years, but for all people and all time. Today we can say with truth that the kingdom of health is at hand for all time.

With the senses dull, clouded, and therefore thoroughly unresponsive of the real meaning of the words "As a man thinks so is he," we have read them for years and centuries, little dreaming of the health and happiness they contain.

That fear is the origin of a large percentage of the diseases that the human race is troubled with is admitted by the medical profession. Think of a few cases where fear has played havoc with our health and lives. We all know how worry will cause us to lose our hair, and worry is fear. Diabetes and other serious diseases frequently follow on the heels of grief and prolonged anxiety.

Fear renders us liable to contraction of various infectious diseases, while faith is a mental aid in resisting them. It is nature's stimulant.

Interesting experiments of the effects of faith and fear on the regulation of the blood pressure have recently been made by a learned professor, and it was extraordinary the way faith regulated to normal, while fear or depression had the effect of either raising or lowering the blood pressure to away above or below what it should be.

"Be still and know that I am God" has sound, therapeutic advice in it. Many a nervous patient would cure him- or herself by the silent realization of this great truth.

Little minds, by the wear and tear of their eternal fretting, fitter and wear their lives away, unconscious of the grand harmonies of nature. Let go of trouble—don't hang on to it.

The trees whisper in their soft, rustling voices of God's care. The flowers smile His messages of love, and we tramp through the woods of life all unheeding, letting the fear stalk us.

Stop and listen, laugh and grow strong, take a deep, deep breath of pure, fresh sun-laden air, one of nature's best tonics, and grow strong in soul. Your body will quickly reflect this strength.

**Answers to Correspondents.**

Miss Cocroft will endeavor to answer all questions relating to her department as promptly as possible. As it will not be practicable to print an answer to every inquiry, a stamped envelope should accompany each letter. All letters should be addressed to Miss Susanna Cocroft, care of this paper.

**Pock Marks.**

Mr. W. T. writes: "Kindly let me know if there is any method of removing pock marks, the result of smallpox."

If the pits have not gone far below the cuticle, and into the true skin, the blemishes can be removed by peeling the skin. I should advise you going to a skilled dermatologist. He could give you the treatment necessary. If they have gone deeply into the true skin, they can be but partially removed.

**Remedy for Earache.**

Mrs. R. D. asks: "My little girl of 5 years is greatly troubled with earache. What can I put in for relief?"

To begin with, I never advise putting anything into that delicately adjusted organ, the ear. The risks run in so doing are too many. For instance, if there be a tendency of the eardrum toward depression, the weight of the oil pressing upon it is bound to further this depression, and the result might be that the drumhead would rest on the small bones in the middle ear. If so the drumhead would not vibrate and the result would be impaired hearing. There are remedies for earache that will help without entering the ear. Steam heat will help this painful trouble as much as anything. Take a glass of water so hot that it steams, oil the flesh of the ear and around the ear, and let the little girl lay her head over the glass with her ear inside.

A few drops of warm sweet oil is often dropped into the ear, but do not do so except upon the advice of an aurist. And with a soft touch, ease the bandage on the ear, and the permanent relief must come in the child's general health.

Keep her bowels well open and see that she is kept warm and free from colds.

Aunt Chatty's Mothers' Club  
Conducted by Mrs. Charity Brush  
THE BEDTIME HOUR.

THIS is a real Mothers' Club, for the benefit of mothers everywhere who are struggling with questions of discipline, training, education, clothing, for the children. Write to Aunt Chatty of problems which are vexing you, and she will advise and help you to a solution of them. Write to her, too, of your own discoveries, of methods you have found successful in smoothing the rough paths of life for the tender, childish feet, that through the Mothers' Club your experience may be of benefit to other mothers who are still tangled in the web of perplexity you have so happily unraveled.

Co-operation is the secret of success in any business; so why not in the business of motherhood, that highest and holiest calling which always has been and always will be woman's crown of glory, no matter what other avenues of usefulness may be opened to her? Address Mrs. Charity Brush, care of this paper.

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What sweeter memory could a child have than that of the bedtime hour when he snuggled close to mother's side, perhaps before a glowing fire, and whispered to her the happenings of his day, or listened to her lips a story from the Bible or fairy book? How many of you, members of the Mothers' Club, keep up the habit of reading to your children at the close of each day for the sacred confidence which knit mother and child together as no other influence can? It seems to me that the mother who does not do that loses half of the happiness of bringing up her children.

One of our members told me the other day that she had never failed to give an hour to her children before she put them to bed, no matter what her other engagements or how great her hurry. And she had been rapid, she said, to tell you the story as she told it to me.

"It has been the very sweetest thing in my life, that bedtime hour with my babies. They are boys and girls now, almost grown, but we wouldn't miss our twilight confab for anything in the world."

I began it when they first came. I always undressed them and made them ready for the night myself, though my friends and even my mother-in-law used to say I was over-careful with them. Little by little, as they began to understand, I would talk to them, tell them some simple story that they could comprehend; then, as they grew older, and I allowed them to sit up a little longer before they went to bed, we got into the habit of sitting for a few minutes before the nursery fire and seeing pictures in the coats or telling little tales to each other, or imaginary fables, or real events of the day.

"Do you know, I think the modern steam-heated house is responsible for the lack of imagination in our children. Students complain about today? An open fire is a great incentive to story telling. And though we have a gas stove, we have a fireplace, and I have made it my habit of sitting for a few minutes before the nursery fire and seeing pictures in the coats or telling little tales to each other, or imaginary fables, or real events of the day."

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Japanese oysters are transplanted from their native waters to the lake-surrounding area of the Pacific Coast, and flourish there.

"ARE WOMEN PEOPLE?"  
SUFFRAGISTS WILL ASK CONSTITUTION MAKERS

MISS ALBERTA HILL.

"Are women people?" was put squarely up to the members of the New York State constitutional convention last week.

A delegation of suffragists headed by Alberta Hill, representing the New York Women's Political Union, who have frequently been heard in this city, appeared with this question before Louis Marshall, chairman of the committee on the constitution, and a band of suffragists, who were present, to the constitutional convention, reiterating this question.

The letter calls attention to certain sections of the present State constitution, which refer to "the people," in carrying out the laws, and asks members of the convention to define in clear-cut language when women are people and when they are not people.

For instance, regarding the section dealing with prison labor, the letter says: "The phrase, 'no person, in any such prison' is inaccurate, for there is no intention to relieve women of the burden consequent upon the commission of crime."

In reference to the payment of taxes, the letter calls attention to this section, which sets forth "that certain tax laws are not to take effect until they have been submitted at a general election to the people."

"Yet," pointed out Mrs. Blatch, "both men and women pay taxes."

"No, indeed," she said heartily. "Good," he said. "I wanted you to understand from the start. I shall probably take to cussing before long."

"You may—cuss as much as you like," she laughed, and since it was an infectious laugh, McGregor laughed, too.

A financier who has extraordinary power in Great Britain will meet sudden death, before the end of the summer, the seers predict, and warning is given of a manly condition in London.

The stars indicate the prevalence of diseases of the throat when the autumn winds blow. Maladies of unusual character may cause considerable suffering.

Children continue to be under a sway indicating cruelty and excessive morality in this country, as well as abroad. Scandals in public institutions are foretold.

Holland continues subject to sinister influences. A conflict with South Africa and other places under Cancer will suffer during the next few weeks.

An earthquake in the West is indicated. Hawaii will be the center of volcanic disturbances, it is held.

In the evening the sway is fairly lucky for entertainments of every sort, especially those given in the Tropics. A man will be strongly active in the association of men and women. It is a fortunate time for making new acquaintances.

Many weddings will take place in the autumn. There will be an unusual number of marriages. Personal life will be a new theme. Personal life will be a new theme. Personal life will be a new theme.

The District assessor has issued a notice instructing owners of personal property to have in his office by August 1, a schedule of taxable goods on which tax assessments will be made. Taxable personal property, on which taxes must be made, consists of jewelry, wares, merchandise, fixtures, stocks, bonds, live stock, vehicles, harness, boats and furniture.

Exemptions under the law are: Personal property of the United States, and scientific institutions incorporated under the laws of the United States or the District, and not conducted for private gain. Libraries, school books, wearing apparel, and all family portraits; household goods to the value of \$250; and household goods in front and back of the house, and all other property used in the public service temporarily residing in the District, who is a citizen of any State or Territory, and who is taxed on personal property there.

HOUSE- WIVES  
DAILY  
ECONOMY  
CALENDAR

FRANCES MARSHALL

## GIRLS' EDUCATION.

Woman's place in the world today is far different from the one she occupied thirty years ago. Everybody admits that whether they believe in feminism and the suffrage or not. And, naturally, woman's education is as different today from what it was thirty years ago. She must be educated to fit into her new environment. There is little need nowadays in knowing how to dip candles, how to spin and weave—all parts of the education of women of moderate means a hundred years ago. There is not much more need of knowing how to lay carpets with their protective layers of moth-proof papers underneath, how to care for herons lamps, how to clean the old-fashioned house in the old-fashioned way, how to preserve every sort of fruit in many different ways—things in which the modern housewife has no part.

But just because women's household duties have changed, have become easier, there is no reason for neglecting the domestic side of a girl's training altogether. For today the home is still in the natural sphere of woman's keeping, even if that home be only a two-room-and-kitchenette apartment, and even if its mistress carry on a profession or business after marriage. More than the most women still live a more or less "domestic" life. The woman who works outside the home after marriage, or who forgoes marriage and makes a place for herself in business of the professions is still greatly in the minority.

So it is logical that girls should still be educated in housekeeping. Much that their mothers learned, most of the things that their grandmothers learned, they need not master. But they must know much that the women of earlier generations did not know.

They must know more of the science of housekeeping and cooking. They must understand the use of all the labor-saving devices that nowadays enter into housekeeping. They must be taught to give serious consideration to the domestic servant problem, so that when the time comes they may help to deal with it in an intelligent manner. They must learn much about hygiene and sanitation, about disease prevention. If they are to be successful as modern housekeepers, they must really master a profession as interesting and important as any other.

Summer is a good time to educate a girl in many of the ways of housekeeping. Of course, the girl who has been in school all winter deserves a vacation, so that her nervous and physical condition may be brought up to normal. And the girl who is run down, either physically or nervously, should live much in the open, in a comparatively carefree way. But most girls have sufficient strength and energy left in the summer to take a systematic course in scientific cooking, or any other branch of modern housekeeping.

Help them to fit themselves now, before their actual responsibilities in running the world begin, to be able to do their part later on in managing up-to-date and efficient houses. If they choose a professional life instead of a domestic one, this study will not be wasted; for they will understand the problems of other women through experience, and so will be able to work intelligently to help solve those problems.

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## HOROSCOPE.

"The stars incline, but do not compel."

Wednesday, July 7, 1915.

Again good and bad influences are supposed to alternate. The sun, Mars, Saturn and Venus are in benefic aspect.

It is a time when caution should guide both men and women. Financial affairs are not satisfactorily ruled, but fortune will wait on many in the next few months.

The evil power of Uranus, which early in the year indicated many explosions, is still strong and accidents are fore-shadowed.

This is a sway most unfavorable for aged persons. The death of a man of distinguished career is presaged this week.

Pleasure parties of all sorts have a sinister sign. The week may bring a serious disaster.

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## MUST BE FILED BY AUGUST 1.

Notice Issued Regarding Schedules of Taxable Goods.

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